

Fruit or Vegetable Report

The objective of this report is to learn all about the fruit or vegetable that you are reporting on and share it with the class. You will learn about the nutrients, functions and advantages of having this particular food in your diet. You will also discover recipes that have your food as their primary ingredient, how to prepare it, shop for it and where the food originated from.

You will complete the following:

- Research
- Written report (notebook or poster)
- Visual
- Oral presentation
- Demonstration (extra credit opportunity)

Written report should include:

1. Name of fruit or vegetable.
2. Where did this fruit or vegetable originate? Country or state? In California is it imported or grown here?
3. Nutritional information - nutrients, serving size and calories, importance in our diet.
4. Classification/family.
5. How is it sold? Fresh, canned, dried or frozen? What season(s) is this fruit or vegetable available in?
6. 2 recipes (primary ingredient). The recipes need to be typed and can be a breakfast, dessert, main dish, casserole, dip, pie, etc.

*This report can be turned in as a notebook or typed out and placed on poster board.

** All sources need to be cited on a works cited page and on recipe copies.

Visual:

1. You will need a picture or real example of your fruit or vegetable.
2. This can be included in the report or as a visual (real or included on the poster board).

Oral Presentation:

1. You or you and your partner will give a brief presentation which will include:
 - o Name of fruit or vegetable.
 - o State classification or family.
 - o Show visual.
 - o State nutritional information.

Your assignment will be graded on the following:

Written report	25 pts.
Visual example	10 pts.
Oral Presentation	15 pts.

Extra Credit Opportunity:

You and your partner have the opportunity to earn 20 extra credit points!

What you need to do is bring in an example of your fruit or vegetable and then show the class the following:

1. How to clean it and how to cut it/prepare it.
2. Explain 2 ways in which you could prepare your vegetable or fruit.
3. You will cut enough of the vegetable or fruit so that everyone in class can taste it raw.